

Good Coffee— 20c
Grain or Ground, lb.
Potted Meat 5c
Per can.....
Vienna Sausage— 10c
Per can.....
Rex Kraut— 10c
Per can.....
Pink Salmon— 22c
Per can.....

The 25 Red Stores
United States Food Administration
License No. Q-54792

INFLUENZA RELIEVED

Many of Our Readers Are Using
Cheney's Expectorant.

A great many people are using our good, southern remedy, Cheney's Expectorant, to relieve themselves of Spanish influenza. On the appearance of the first symptoms, such as pain in the bronchial tubes, sore throat, coughing, running of the eyes, nose, should take a few doses of Cheney's Expectorant. This preparation soothes the lining of the throat and easily cures the worst cold or cough in a few days. Many victims of influenza have taken Cheney's Expectorant with decided and pronounced benefit. As it does not cost much, and is easily obtained at any drug store, it is worth while for everybody who is suffering from influenza or its preliminary stages, to give Cheney's Expectorant a trial.—(Adv.)

FOR COLDS AND GRIPPE FOLLOW DOCTORS' ADVICE

Ask any physician or druggist and he will tell you that the first step in the treatment of a cold, cough or grippe should invariably be "a brisk cathartic" purgative, preferably the harmless cathartic called Calotabs. This alone is often sufficient to break up a severe cold or grippe, or cut short an attack of influenza and possibly prevent pneumonia. One Calotab on the tongue at bedtime with a swallow of water—that's all. No salts, no nausea nor the slightest interference with your eating, pleasures or work. Next morning your cold has vanished and your entire system is purified and refreshed. Calotabs are sold in original sealed packages; price thirty-five cents. Recommended and guaranteed by druggists everywhere. Price refunded if you are not delighted.—(Adv.)

MOTORS
BIG STOCK ON HAND
LET YOUR WANTS BE KNOWN
Scott Bros. Electric Co.
115 W. 7th St. Phone Main 3854

DAILY HEALTH TALKS

The Best Way to Treat Constipation.

BY S. C. BABCOCK, M. D.
The medical books name many drugs that will move the bowels. The drug store shelves are loaded down with laxatives, purgatives and pills. The trouble with most of them is the after-effects. Constipated people know that pills work all right for a little while, but they soon lose the effect, and change to a more drastic something else. The constant taking of pills results in a form of bowel inactivity that is difficult to cure. The system becomes so accustomed to laxative drugs that the organs just won't work without them, and so the pill habit becomes as bad as constipation itself. Dr. Pierce, of Buffalo, N. Y., seems to me to have the right idea. He says the bowels should first be gently moved with Pierce's Pleasant Pellets, and in the meantime, laxative foods only should be eaten. Figs, prunes, olive oil, spinach, bran, vegetables and fruits are fine for constipation. Chew every bite thoroughly, eat little meat, and be as active as possible. Now, doesn't that seem sensible? Pleasant Pellets will start the bowels working right; then it is up to you to keep them right by right eating. Try Pleasant Pellets for sick headache, coated tongue, biliousness, dizziness, torpid liver or to break up a cold. They are just what you need. Dr. Pierce's Anodyne Pile Ointment soothes, cools and heals piles in a most gratifying way. Perhaps there is no other remedy for this torturing trouble that relieves so surely and quickly. Dr. Pierce's Anodyne Pile Ointment will overcome any case that can be overcome by medical treatment. Try it right now.
Dr. Pierce's Anuric Tablets are intended for people who suffer from kidney disorders—Whose backs ache, and whose systems are overrun with uric acid. Nearly everybody has too much uric acid. Anuric Tablets dissolve uric acid quickly, as they are made of double strength.—(Adv.)



Uncle Sam's Boys

Whether you have enlisted or been called to the draft; whether in the army, navy or aviation; you will be required to have good eyesight—either naturally, or with the aid of good glasses.

Need Good Glasses

We are fully equipped to fit you correctly with the glasses you will need. We carry a very complete line of lenses and frames—our army and navy style being especially adapted to rough outdoor usage.

Harris & Hogshead
Optometrists and Manufacturing Opticians
13 E. 9th St. Phone 678

"SEE THE SIGN"

NEED FOR MORE NURSES

Families Suffering Without Aid to Prepare Proper Food.
Dr. T. S. McCallie has gone to Ringgold, Ga., today to attend the funeral of Miss Jamie Edwards. There are a little quiet at the Red Cross office. The rush for the little white masks has subsided, and R. F. Hudson, of the nurses' department, says that conditions have evidently improved over Tuesday.
More nurses can be used in the city, said Mr. Hudson, and there is a demand for the Good Samaritan spirit. Many homes need some one to go and prepare the food for the sick. In some households the mother of little children is ill and no servant to attend the children or nurse to care for the patient's wants. In some families there are several cases and the overworked mother badly in need of assistance. It is next to impossible to obtain servants, even where the families are able to pay them. Unless there are volunteers for these families, unnecessary suffering will undoubtedly be the result.

ABUNDANCE OF FLOWERS

Memorial Committee Gets Generous Response.
The memorial committee of the Women's Service League says that the people responded most generously to a call for flowers for the soldiers' funerals, made a few days ago through the News. A large tub of water at Cheney Bros. has been kept filled with the choicest garden flowers for the funeral of the week. Rich dahlias, beautiful fall roses and all kinds of flowers available have been brought, arranged with taste. The committee desires to thank the ladies who have so generously co-operated with them in this work.

SOCIETY PERSONALS

Mrs. Uri Bachtel, of Montgomery, Ala., was called here by the death of her son, Mr. Bachtel, who died at the home of his mother, Mrs. Bachtel, in Montgomery, Ala., on Oct. 14. Mrs. Bachtel is now in the city, and is expected to remain here for some time.
Mrs. John C. Season has been removed to the home of her mother, Mrs. J. C. Season, in the city, where she is now residing.
Mrs. J. C. Season has been removed to the home of her mother, Mrs. J. C. Season, in the city, where she is now residing.

INFLUENZA

Mrs. Douglas McMillin, who has been very ill of influenza at West-Edin's infirmary, is reported to be much improved.
Miss Clara Pindell is recovering from an illness of influenza.
Miss Willie Mae Sutton, of McCallie avenue, who has been ill of influenza, is convalescing.
Miss Stella Alexander has gone to Reeves, Ga., where she will undergo treatment for her influenza.
Mrs. William Bryan is improving from her recent illness at the home of Mrs. E. Sisson in St. Elmo.
Miss Mary Ann, who has been ill, is now able to be out.
Mrs. Ben Allison is ill of influenza at her home in St. Elmo. Masters Jo and Ben Allison, Jr. have recovered from their recent illness.
Misses Emma and Nellie Greenwood have returned from Martha Washington college. Owing to the epidemic of influenza, the college will remain closed until Nov. 1.
Mrs. Ernest Thurman, nee Miss Irene Dobbs, has been seriously ill at her home on the Rossville boulevard.
Mr. and Mrs. Herman Lewallen, who have been ill of influenza, are convalescing.
Judge Lewis Coleman is ill of influenza at his home in St. Elmo.
Miss Sadie Magill continues ill at her home on the North side.
Miss Lillian Winder, who has been very ill of influenza at a hospital in Philadelphia, is reported slowly improving.
Mrs. E. H. Winder is with her daughter.
Miss Lillian Blain is convalescing after a week's illness of grip. Miss Blain is a member of the Junior High School faculty.
Little Dorothea Erick is critically ill of pneumonia at the home of her parents, Mr. and Mrs. Sam Erick, 1009 Union avenue.
Miss Lydia Bowman, who has been ill the past week, is rapidly improving.
Miss Margaret K. is recovering from an attack of grip.
Thomas Tallafarro is reported seriously ill of pneumonia at his home on Highland Park.
Edward and Baxter Davis, sons of Prof. and Mrs. W. T. Davis, of Highland Park, have been ill of influenza.
Roy Blevins is now able to be out, after a serious attack of grip. Mr. Blevins is proprietor of the St. Elmo Drug company.
Mrs. A. L. Crumley is ill of influenza at her home, 1010 East Eighth street.
Mrs. Edwin McMillin, who has been ill of Spanish influenza, is reported much improved. It is easy to prepare, costs little and is pleasant to take. Anyone who has Catarrhal Deafness or Head noises should give this prescription a trial.—(Adv.)

CATARRHAL DEAFNESS MAY BE OVERCOME

If you have Catarrhal Deafness or head and ear noises or are growing hard of hearing go to your druggist and get 1 ounce of Farmint (double strength), and add to it 1/4 pint of hot water and a little granulated sugar. Take 1 tablespoonful four times a day.
This will bring quick relief from the distressing head noises. Clogged nostrils should open, breathing become easy and the mucus stop dropping into the throat. It is easy to prepare, costs little and is pleasant to take. Anyone who has Catarrhal Deafness or Head noises should give this prescription a trial.—(Adv.)

Stops Stomach Distress Right Off

Inexpensive, Home-Made, Old-Fashioned, but Just Try It. Results Are Wonderful.

No matter how severe or stubborn a case of indigestion, gas, belching, bloating, vomiting, heart palpitation, nervousness and pain after eating you may have. What has failed to benefit you, just try this old home remedy and watch the result.
Simply get two ounces of concentrated liquid Marix (aromatic) 75 cents worth, at any drug store or by mail from the Marix Co., Fort Wayne, Ind. Dilute the Marix with double the quantity of pure water, then take a teaspoonful before each meal.
Just see how quickly you feel relieved. See how quickly you get back your good healthy appetite. How your stomach is strengthened; how perfect your digestion becomes and how the distressing head noises disappear. Make the test; you take no chances. It must benefit you more than anything you ever used or tried. It costs nothing. Get it now and try it before your next meal.

BIDDY BYE'S GOOD FORM



Actions which indicate selfishness and monopoly are always avoided by polite persons. The man or woman who cares to appear well dressed, takes a back seat rather than use his elbow to get a front one. Nothing so adventures a child's lack of home training as the way he pushes or squirms through a crowd into the best place wherever he may be, whether in his home, or a street car, or a school picnic. More character acts this way, however, as an evidence of their "pep" and ability to make good.

Big Ben

(Written for The News by Emma Bell Smith.)
Once Jimmy came in awful late; to sleep we all had gone.
He tiptoed softly up the stairs, and there he stood alone.
She showed him that the midnight hour was far and overpast.
He answered, "Oh, well, ma, you know, this time's way yonder fast!"

Bob works at the munition plant; he hates to leave his bed.
And when at four, the alarm goes off, he covers up his head.
She calls him two-three times, and first of all yawns, and then he'll grunt.
"I wish the government never knewed this daylight saving stuff!"

When all the house needs redding up, and Edna wants to go.
She says, "I got to hurry, ma—I'm afraid this time is slow."
But every night her beau stays late, she turns the hands to ten.
Why, every miscreant on the place is blamed on old Big Ben.

But last night ma, she wound him up, and put him on a chair.
Beside her bed, and looked at him and said, "You better stay."
Your job's to tell the truth of when to wake and go to work;
Remember when we go too far, and help us not to shrink.

She says, "If Big Ben's on his job, I tell you, he's a good fellow."
And if there's any truth in him it's time that he should show it.
The way that clock's been fibbing, now we all folks are feeling kind of nervous.
Wouldn't you?

Chattanooga, have recovered from influenza.
Carl Weigel is ill with influenza at his home in North Chattanooga.
Mrs. E. W. Arnold and little son, Ernest, are ill with influenza at their home on Mississippi avenue.
Basil Cornelius is seriously ill with influenza at his home in Highland Park.
Mrs. Charlie Thompson is ill in North Chattanooga.
Mrs. Howard Blake, of New York, who has been ill with influenza, is recovering from influenza.
Mrs. Ed Hayes is able to be out again after an illness with influenza.
Carlyle Littleton is reported out of danger and doing nicely.

Miss Wright, Jr., who has been ill of influenza at his home on Mission ridge, is reported doing nicely.
Mr. and Mrs. Sherman Sanders are recovering from a serious attack of influenza.
Mr. and Mrs. Leroy Andrews and little daughter, Margaret and Elizabeth, are seriously ill of influenza at their home in North Chattanooga.
W. R. Senter is ill of grip at his home on McCallie avenue.
Lloyd L. Asa Murray, student of the Oak Grove Grammar school, have been ill the past week of grip.
Miss Harriet Andrews, who has been critically ill at her home on McCallie avenue, is somewhat improved.
Little Allen Campbell, son of Mr. and Mrs. W. C. Campbell, of McCallie avenue, is ill of influenza.
W. R. Senter is ill with influenza at his home on McCallie avenue.
Miss Harriet Andrews is recovering from influenza at her home on McCallie avenue.
Mr. Willard Steele, who is ill with pneumonia at Camp Greenleaf, is reported not doing so well this morning.

Dr. R. M. Watson, of North Chattanooga, is recovering from influenza.
Dr. Raymond Wallace and Mrs. Wallace are both ill with influenza. Dr. Wallace is improving.
Miss Mary Edna Manker is seriously ill with pneumonia at her home in Riverview.
Mrs. M. Coleman has returned from the east, where she was called by the illness of Mr. Coleman. He is improving from an attack of influenza.
Mrs. E. L. Bell and four children are ill with influenza.
Mrs. P. L. Johnston is recovering from an attack of influenza at her home on Lindsey street.
Dr. C. H. Myers, pastor of Pilgrim Congregational church, is recovering from influenza at his home on Mission ridge.

Mr. M. V. Grayson is critically ill of influenza at her home on Oak street.
E. P. Potter is suffering from a severe case of influenza.
Miss Genevieve Catron is convalescing from an attack of influenza.
Andrew Stockburger has been seriously ill of influenza at Camp Sherman, O. W. J. Stockburger returned recently from Ohio, being called there by his son's illness.
Mrs. W. W. Brooks, Jr., is ill of influenza at the home of her mother, Mrs. Abel, in Highland Park.
Harry Weatherford, son of Mr. and Mrs. W. H. Weatherford, is ill of influenza. Miss Louise Weatherford has recovered from an illness of grip.

Mrs. Myra Bagley is convalescing from an illness of grip at her home on Highland Park avenue.
Miss May Elliott, who has been ill of influenza, is reported as rapidly improving.
Mrs. Eulalie Riggs, who has been ill of influenza, is now able to be out.
Mrs. C. T. Shaw, of Cherry street, is sick with the grip.
O. L. Mitchell, of North Chattanooga, is confined to his home with influenza.
Mrs. Ben Allison, of St. Elmo, is sick with influenza.
Miss Genevieve Catron is convalescing from an attack of influenza.
Miss Lucille Harris, of Fourth street, is confined to her home with the grip.
Mrs. M. Parker is sick with the grip.
Miss Annie Thomas, residing on Poplar street, is sick with the "flu."
Mrs. F. W. Howell's little baby is sick at her home, 421 East Eighth street, with influenza.
Miss Loniell Thatcher is ill with the influenza.

Miss Mindell Damswood is confined to her home with influenza.
Miss Pearl Morgan, residing on Georgia avenue, is sick with the grip.
Tom Elliott, of North Chattanooga, has influenza.
Mrs. J. L. Conner, of Cherry street, is confined to her home with influenza.
Mrs. A. J. Gardner, who lives on Fourth street, is reported as being sick with influenza.
O. P. Jones, who lives in East Chattanooga, has influenza.

is ill at her home with influenza.
Mrs. R. L. Baylor is ill at her home on Vine street with the grip.
Miss Cornelia Whitaker, of Poplar street, has the "flu."
Miss Sutherland, residing on Georgia avenue, is ill with a severe cold.
Mrs. M. C. Collins, 814 Georgia avenue, is sick with the influenza.
The Rev. R. W. Lewis is ill with the influenza.
L. E. Smith has the grip.

A Beautiful Woman.
Do you know what a beautiful woman always has a good digestion. If your digestion is faulty, eat lightly of meats, and take an occasional dose of Chamberlain's Tablets to strengthen your digestion. Price 25c.—(Adv.)

HEAVY TOLL OF INFLUENZA

Washington, Oct. 16.—There were 6,122 deaths during the week ending Oct. 12, as compared with 19 for the week ending Sept. 14, when the disease got its first foothold in Boston. The same period there were 4,409 deaths from pneumonia. These figures, announced today by the bureau of the census, do not include figures from army camps, and with reports missing from all other cities and towns and country districts, there was no way of estimating the total number of deaths. The heaviest toll from influenza was 1,457 in Philadelphia. The New York total was 969, Boston 840 and Chicago 871.

SEEKING MURDERERS

Police Spread Dragnet in Effort to Capture Murderer of James Kennedy.
New York, Oct. 16.—The police have spread a dragnet over Greater New York today in search of two men wanted for the murder of a man named James Kennedy, who was shot and killed as he stepped from a taxicab in Second avenue. The men escaped in the taxicab, forcing the chauffeur to drive them away at the point of a revolver.

STATE FAIR NOT TO OPEN

Health Authorities Refuse to Allow the Mississippi Fair to Proceed.
Jackson, Miss., Oct. 16.—Dr. W. S. Leathers, executive officer of the state board of health, has ordered the Mississippi state fair, which was to have opened in this city Oct. 21, not to be held on account of the influenza epidemic. The situation, he said, is improving rapidly, Dr. Leathers says.

PRECAUTIONS AGAINST "SPANISH FLU"

The main thing is to keep your liver and bowels in good order. A Discolax lax tablet every night at bedtime and your nose and throat well sprayed with Discolax Solution. Get Discolax at any druggist's, 25c a box.—(Adv.)

HAROLD CROUCH RECOVERS

Influenza Has Kept Him in Naval Hospital Several Days.
Mr. and Mrs. G. O. Crouch received a letter Tuesday from their son, Harold, who is in the navy. New Orleans, La., Oct. 15.—The British freight steamer ship Port Philip, outbound, was sunk in a collision with a United States war vessel off Swinburne Oct. 14. The lower bay this forenoon. The Port Philip's crew of forty men was saved.
New York, Oct. 16.—A large steamship was reported to be sinking in the lower bay this forenoon. The vessel was bound out and suddenly signalled for help.

SINKS IN COLLISION

British Freighter Sinks When She Collides With War Vessel.
New York, Oct. 16.—The British freight steamer ship Port Philip, outbound, was sunk in a collision with a United States war vessel off Swinburne Oct. 14. The lower bay this forenoon. The Port Philip's crew of forty men was saved.
New York, Oct. 16.—A large steamship was reported to be sinking in the lower bay this forenoon. The vessel was bound out and suddenly signalled for help.

VICTIM OF AIRPLANE

Lieut. Edward Little Killed and Injured Seriously Injured.
Fulton, Ky., Oct. 15.—Lieut. Edward Little was killed here today and injured when their airplane fell out of control from a considerable height. The accident is the sixth of its kind to occur at Fulton in the past year.

CONVENTION CALLED OFF

Educators of East Tennessee Postpone Meeting on Account of Influenza.
The executive committee of the East Tennessee Educational association has canceled the coming meeting which was to have been held in Knoxville Oct. 17 and Nov. 2. This action was taken by the executive committee because of the very probable fact of influenza, rendering it very improbable that a large number of persons to take part would not be able to fill their engagements. Owing to the unsettled state of affairs of that management of the association has deemed it wise not to attempt to hold the meeting until next year, when every effort will be put forth to reach the same attendance as set for this year—2,500—and to have the greatest meeting in all respects in the history of the association. Last year 2,072 teachers, or 60 per cent of the public teachers of East Tennessee, were registered and were in attendance upon the meeting at Knoxville.

OUR PARENTS BEFORE US

Says Cobden Lady, Used Black-Draught—Interesting Tale of Her Faith in This Old Reliable Family Remedy.

Cobden, Ill.—Mrs. Alice Metz, of this place, thinks that when you have found a good thing, it is your duty to let others know about it. She writes: "We have used Black-Draught in our family for years, as our parents before us used it, as a general medicine for liver and stomach troubles. It is also fine for the children. They get away sometimes, just like children will, and eat just everything. Many times I have prevented serious troubles by taking my children in hand and dosing them thoroughly with Black-Draught. My husband takes Black-Draught for constipation. It worked wonders in his case. In fact, we are all true believers in Black-Draught and are never out of it. We would not resort to any other remedy, under any circumstances."

Theodore's Black-Draught is a medicine that every person should keep in the house, and use at the least sign of indigestion, constipation, liver and stomach troubles. It is purely vegetable, and acts actively on the bowels, gently stimulating the liver, and helping to increase the normal discharge of bile into the intestines. It assists in the digestion of food and relieves constipation in a prompt and natural way. Try Black-Draught.

United States Public Health Service

RUPERT BLUE, Surgeon-General

"Spanish Influenza" "THE FLU"

The most accurate information obtainable in regard to influenza is given in the article below, which was handed to me by Surgeon-General Blue with the request that it be brought to the attention of every man, woman and child in the City of Chattanooga.

H. D. HUFFAKER,
Commissioner of Health.

What is Spanish influenza? Is it something new? Does it come from Spain?

The disease now occurring in this country and called "Spanish influenza" resembles a very contagious kind of "cold" accompanied by fever, pains in the head, eyes, ears, back or other parts of the body, and a feeling of severe sickness. In most of the cases the symptoms disappear after three or four days, the patient then rapidly recovering; some of the patients, however, develop pneumonia, or inflammation of the ear, or meningitis, and many of these complicated cases die. Whether this so-called "Spanish" influenza is identical with the epidemics of influenza of earlier years is not yet known.

Epidemics of influenza have visited this country since 1647. It is interesting to know that this first epidemic was brought here from Valencia, Spain. Since that time there have been numerous epidemics of the disease. In 1889 and 1890 an epidemic of influenza, starting somewhere in the Orient, spread first to Russia, and thence over practically the entire civilized world. Three years later there was another flare-up of the disease. Both times the epidemic spread widely over the United States.

Although the present epidemic is called "Spanish influenza," there is no reason to believe that it originated in Spain. Some writers who have studied the question believe that the epidemic came from the Orient and they call attention of the fact that the Germans mention the disease as occurring along the eastern front in the summer and fall of 1917.

How can "Spanish influenza" be recognized?

There is as yet no certain way in which a single case of "Spanish influenza" can be recognized; on the other hand, recognition is easy where there is a group of cases. In contrast to the outbreaks of ordinary coughs and colds which usually occur in the cold months, epidemics of influenza may occur at any season of the year; thus the present epidemic raged most intensely in Europe in May, June, and July. Moreover, in the case of ordinary colds, the general symptoms (fever, pain, depression) are by no means as severe or as sudden in their onset as they are in influenza. Finally, ordinary colds do not spread through the community so rapidly or so extensively as does influenza.

In most cases a person taken sick with influenza feels ill rather suddenly. He feels weak, has pains in his eyes, ears, head or back, and may be sore all over. Many patients feel dizzy, some vomit. Most of the patients complain of feeling chilly, and with this comes a fever in which the temperature rises to 100 to 104. In most cases the pulse remains relatively slow. In appearance one is struck by the fact that the patient looks sick. His eyes and the inner side of his eyelids may be slightly "bloodshot," or "congested," as the doctors say. There may be running from the nose or there may be some cough. These signs of a cold may not be marked; nevertheless the patient looks and feels very sick.

In addition to the appearance and the symptoms as already described, examination of the patient's blood may aid the physician in recognizing "Spanish influenza," for it has been found that in this disease the number of white corpuscles shows little or no increase above the normal. It is possible that the laboratory investigations now being made through the National Research Council and the United States Hygienic Laboratory will furnish a more certain way in which individual cases of this disease can be recognized.

What is the course of the disease? Do people die of it?

Ordinarily the fever lasts from three to four days and the patient recovers. But while the proportion of deaths in the present epidemic has generally been low, in some places the outbreak has been severe and deaths have been numerous. When death occurs it is usually the result of a complication.

What causes the disease and how is it spread?

Bacteriologists who have studied influenza epidemics in the past have found in many of the cases a very small rod-shaped germ called, after its discoverer, Pfeiffer's bacillus. In other cases of apparently the same kind of disease there were found pneumococci, the germs of lobar pneumonia. Still others have been caused by streptococci, and by other germs with long names.

Where crowding is unavoidable, as in street cars, care should be taken to keep the face so turned as not to inhale directly the air breathed out by another person.

It is especially important to beware of the person who coughs or sneezes without covering his mouth and nose. It also follows that one should keep out of crowds and stuffy places as much as possible, keep homes, offices, and workshops well aired, spend some time out of doors each day, walk to work if at all practicable—in short, make every possible effort to breathe as much pure air as possible.

"Cover up each cough and sneeze, If you don't you'll spread disease."

THIS PUBLICITY PAID FOR BY

Chattanooga Railway & Light Company